

The Scoop

November 2020



Holiday Spirit

Dear Saint Mary's Community,

This year your celebrations may look a little different. But there is one thing that you can count on staying the same- the food. From brewing pumpkin spice lattes to preparing a traditional Thanksgiving dinner, we're still full of holiday spirit. Gather with a friend or two and delight in something familiar and comforting- or something new and spicy during international week or the wing challenge. We hope you enjoy it!

Sincerely, Your Chartwells Team







International Education Week Location: Toner Dining Hall

November 9th – 13th @ 11:30 AM – 1:30 PM Monday: China / Asia Tuesday: Poland Wednesday: Italy Thursday: Mexico Friday: Japan / Sweden



Pie Party Location: Toner Dining Hall

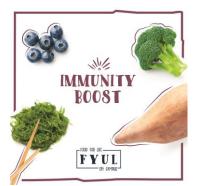
November $18^{\text{th}} @ 5:00 \text{ PM} - 7:30 \text{ PM}$ Don't miss our variety of dessert pies for a sweet finish to your meal.



Thanksgiving Location: Toner Dining Hall

November 18th @ 5:00 PM – 7:30 PM

Join us for all the traditional Thanksgiving favorites: turkey, stuffing, mashed potatoes, green bean casserole, and pumpkin pie.



FYUL: Immunity Boost Location: Toner Dining Hall

November 19th @ 11:30 AM – 1:30 PM

Creamy Avocado Green Tea Dressing with a made to order salad.



Retail Specials

Apple Cider

Available Until: 11/24/20 Price: 2.99 Location: Cardinal Coffee





Pumpkin Spice Latte Available Until: 11/24/20 Price: 4.01

Location: Cardinal Coffee

Berry Banana Blast

While Supplies Last Price: 5.14 Location: Cardinal Coffee





Every Thursday in the Cardinal Club, there will be a new special. Stop in or check our social media to stay updated!

Recipe Inspiration

With Sarah Nicklay MS, RD, Chartwells Dietitian

Chai Tea Lemonade

Ingredients

Tea Syrup

Lemonade

2 cup Water
4 bags Chai Tea
½ cup Granulated Sugar
1 tsp Honey
2 thin slices Fresh Ginger

1 Tbs Orange Juice

1 cup Ice
 1 cup Lemonade
 1 ½ tbs Tea Syrup
 1 Orange Slice



- 1. Bring 2 cups of water to a boil then pour it into a heat safe container with 4 chai tea bags. Let steep for 15 minutes.
- 2. Peel and cut 2 thin slices of ginger.
- 3. Zest the orange.
- 4. To make freshly squeezed orange juice, you will take 1 whole orange, slice it in half, and squeeze out the juice with a citrus squeezer or your hands. Make sure to take out any seeds that accidentally fall into the orange juice.
- 5. Now that the tea has steeped, pour it back into the saucepan with our ginger, orange juice, orange zest, honey and sugar.
- 6. Bring to a boil, then lower the heat and let it simmer for 5 minutes.
- 7. Strain the syrup and let it cool.
- 8. Refrigerate up to 2 weeks in a sealed container.
- 9. Pour ice into glass of choice. Pour syrup over the ice. Add lemonade into the glass.
- 10. Garnish with cinnamon stick and/or orange peel.

Follow along with the video @chartwells_smumn

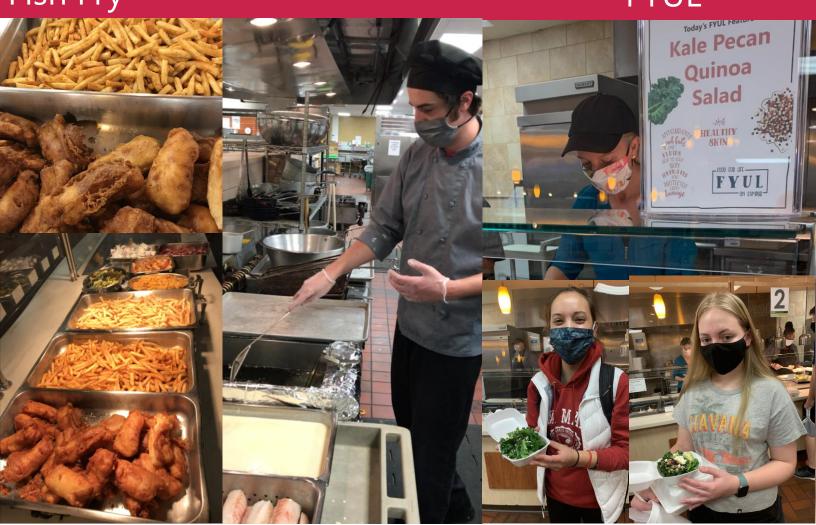


Saint Mary's University of Minnesota

where hungry minds gather

Caramel Apples and Spiced Nuts Teaching Kitchen







Oktoberfest

Fall Pumpkin Fest



Hours

Thanksgiving Break Dining Hours

Tuesday Nov. 24th Toner Dining Hall closes at 7:30 pm Cardinal Club and Cardinal Coffee close at 4 PM

People



Real People Committed to Service

Mary, Jodi, Carolyn, Amanda, Andrew, Bob, Katie, Sandy, Scott, Tom, Judy, Lisa, Bruce, Elena, Mary, Fredericka, Darlene, Collin, Larry, Cassie, Wilma, Ron, Leo, Dennis, Marisa, Justin, Brad, Sharon, Cari, Sam, Tia, Jean, Kelly, Sabrina, Jenna, Eric, Rob, Jesse, Cristi, Michelle, and Hunter:

Once again, we'd like to recognize all the Chartwells associates for a fantastic job. Our service continues to change and our associates have adapted smoothly and embraced the new procedures. They have covered other associates' tasks when they're gone and have made sure we can provide the best possible service for our guests. Thank you all!

youfirst principle:

Chartwells' associates provide a Wow experience every day, every meal and for every guest.

The Scoop | Chartwells at Saint Mary's University of Minnesota 700 Terrace Heights Winona, MN 55987 I<u>www.dineoncampus.com/saintmarys</u>